

A Day At The
DELRAY
RECOVERY CENTER



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A Day at The Delray Recovery Center

The Delray Recovery Center is dedicated to the recovery of every individual entering treatment for addiction. Located in the Historical District of sunny Delray Beach, Florida, our facility is a residential inpatient treatment center with an emphasis on a five-phase step down model of achieving and maintaining sobriety.

We have developed a structured schedule designed to equip each individual with skills and strategies that are conducive to recovery. If you or a loved one is considering addiction treatment at The Delray Recovery Center, you can expect every day to be full of helpful, self-affirming activities, counseling sessions, and educational workshops designed to help each individual get the most out of his or her treatment.



Daily Schedule at The Delray Recovery Center

The daily schedule at The Delray Recovery Center consists of core services and activities that make up the foundation of each person's recovery experience. The schedule is subject to change and may be modified according to each person's current phase of treatment and individual needs. However, the following is a tentative schedule most clients can expect on a daily and weekly basis.

Morning

6:30 – 7:00 a.m. Wake-Up

6:30 – 8:00 a.m. Medication

7:30 – 8:30 a.m. Breakfast

9:00 a.m. Meditation

9:30 – 11:30 a.m.

Monday-Wednesday, Friday- Caseload Group

Thursday and Saturday- Gender Specific Issues

Sunday- Process Group



Daily Schedule at The Delray Recovery Center

Afternoons

11:45 – 12:50 p.m. Lunch*

1:30 – 4:30 p.m.

Monday- Relapse Prevention or Healthy Nutrition/Yoga

Tuesday- Being Sober/Crossfit

Wednesday- Dual Disorders or Healthy Eating/Yoga/Beach

Thursday- Art Therapy/Crossfit

Friday- Housekeeping and Treatment Planning/Beach

Saturday- Grocery Shopping/Crossfit

Sunday- Lunch*/Park and Recreation

Evenings

4:30 – 6:00 p.m. Dinner

6:00 – 8:00 p.m. 12-Step Meetings

8:30 – 9:30 p.m. Medication/Women

9:30 – 10:30 p.m. Medication/Men

10:30 – 11:30 p.m. Treatment Planning

11:30 p.m. Bedtime

*Lunch is scheduled later on Sundays to allow time to attend religious services if they so choose



Mealtimes

We emphasize healthy eating and nutrition at The Delray Recovery Center. All meals served are meant to improve the health of each program participant as he or she goes through recovery. However, we also know that nothing can ruin a positive addiction treatment experience like an unappealing menu options.

We know that the food preferences and tastes of program participants vary significantly. That's why every person admitted to The Delray Recovery Center enjoys \$75 in Publix grocery cards every week to be used strictly for the purchase of food. Residents can prepare meals from their fully furnished kitchens complete with appliances and food preparation and serving items.



Engaging Therapy Sessions and Activities are the Key to Success

The key of the recovery process is found in the counseling and support at The Delray Recovery Center. Group and individual therapy sessions are designed to help participants learn to develop the tools necessary to achieve long-term recovery. Our staff knows that program participants can lose interest in the recovery process if they feel it is monotonous and boring. Because of that, we have implemented many exciting programs and activities to keep clients engaged each day.

Our activities change day by day and week by week, combining counseling, educational seminars, and workshops with fun outings, vigorous exercise, and other activities like art therapy. It is through these high-impact programs that we build a basis for long-term recovery and a framework for a healthy, sober life. Each person learns to adopt new behaviors and embrace new routines that contribute to a healthy lifestyle.



Group Therapy

Skilled, licensed clinicians lead group therapy sessions at The Delray Recovery Center. Group sessions may be large or small. Sessions are interactive and encourage participants to:

- Build self-esteem
- Manage stress
- Minimize co-dependency
- Learn and use healthy coping skills
- Improve communication
- Set goals
- Develop relapse prevention skills



Gender-Specific Therapy

Though group therapy is an essential part of our program, we also implement male and female-specific therapy into our schedule, which allows men and women to discuss gender-specific issues. For example, women are more likely to encounter barriers to completing treatment and are also more likely to feel embarrassed about seeking treatment for substance abuse disorders than men are. Some men and women may also feel more freedom to discuss personal and emotional struggles among their own gender than they would in mixed company.



Individual Therapy

In addition to group therapy, individual therapy is integral in the treatment process. Also led by experienced clinicians, individual therapy focuses on the individual needs of program participants. It encourages each person to dig deeper into the thought processes and cognitive distortions behind addiction. Our clinicians work with individuals to address the underlying causes of addiction, any existing barriers to recovery, and co-occurring disorders.

Dual-Diagnosis

Many people who suffer from the disease of addiction also may have a mental health disorder, whether diagnosed or not. Known as dual-diagnosis, individuals with co-occurring conditions must learn how to cope with very specific challenges and resist the temptation to self-medicate anxiety, depression, and other disorders with drugs or alcohol. Clients work with our Psychiatrist on medication management and with our therapists for continued counseling and support.



Relapse Prevention

Despite the hard work and efforts during addiction treatment, many people experience relapse at some point during their recovery. Relapse does not mean that a person or treatment 'failed', but it can cause severe consequences. The Relapse Prevention sessions educate participants on relapse and how to avoid triggers as they transition back into life outside of rehab.

Healthy Eating and Nutrition

The Delray Recovery Center is more than just an addiction treatment facility – it is a center for healthy living. We want to equip our program participants to live the healthiest versions of their lives possible, which includes healthy eating. In our nutritional classes, participants learn how to plan and create meals that are nutritious and satisfying. Through education, hands-on workshops, and visits to local markets, individuals learn how to select ingredients and prepare them in ways that are delicious and healthy.



Excursions

As serene as The Delray Recovery Center is, we encourage program participants to participate in therapeutic excursions offered throughout each week. These will vary during a person's time in the program, but they may include relaxing hikes or even opportunities to participate in community service events.

Art Therapy

Therapy is more than individual or group-talk sessions. In fact, many people find that the pain and thoughts behind addiction are difficult to express with mere words. We believe that it is possible to express one's self in many ways, including art. Often, art therapy serves as a conduit for self-discovery, allowing individuals to express thoughts and feelings in new and creative ways. These sessions may incorporate drawing, painting and sculpting that is less focused on the development of art skills and more on the inward thoughts and emotions of the individual.



Sports and Exercise

We encourage program participants to develop new, healthy routines to replace old negative behaviors. Sports and exercise activities are examples of healthy ways individuals can learn to cope with stress and other negative emotions.

Our treatment center offers many different activities for all skill levels, from softball and basketball to group sports. We also work with a local gym to provide a membership to each person during their time at The Delray Recovery Center. With transportation to the gym several days a week, everyone has an opportunity to leave treatment healthier and fitter than when they entered.



Recreational Time

In the midst of a full schedule at The Delray Recovery Center, everyone can still enjoy a little free time. We aim to make recreational time as relaxing and fun as possible, whether that includes an hour at the beach or a walk in the park.

Crossfit™

The Delray Recovery Center enjoys offering clients the opportunity to try new things that they may not otherwise do outside of a structured treatment program. We are excited to offer Crossfit™, which are advanced workouts customized specifically for individuals participating in our program. Crossfit work-outs are instructed by professional trainers who challenge each person mentally and physically as they work toward personalized goals. All Crossfit sessions are administered in a safe and supervised studio in Delray Beach.



Yoga and Meditation

As clients move through the addiction recovery process, they often find that they were using substances in an attempt to fill inner voids. There is often a spiritual longing left behind, which is why addiction is more than just a physical issue. Every morning at The Delray Recovery Center begins with meditation. This is a time to quiet the mind, breathe deeply, and reflect.

Yoga is active meditation, connecting the body with the mind. Where therapy focuses on the inner well-being, yoga emphasizes physical well-being and its connection to a mind as a complete approach. People who incorporate yoga into their recovery re-channel the energy of addiction toward a life of wholeness.



Spiritual Workshops and Discovery

The Delray Recovery Center is a holistic facility. We encourage individual spirituality in a judgment-free atmosphere. No matter what a person's thoughts and views are, inner reflection always affords opportunities for growth. We offer experienced professionals who encourage participants to explore personal views on spirituality, religion, and nature.

Every Sunday, the staff at The Delray Recovery Center sets aside time for program participants to engage in optional religious services. Whether that means spending time in personal meditation and reflection or traveling to a nearby church or synagogue, each person is allowed and encouraged to explore spirituality as they so choose.



Transitional Living and Aftercare

Success achieved at The Delray Recovery Center must be carried over into life outside of treatment. Each person will learn skills that will ensure success at home, work, and in social situations. Education and vocational skills help empower program participants for a life without substance abuse. We also focus on relationship training, including how to mend damaged relationships with family and friends in the path to sobriety.

Our staff is here for the long-haul, providing support and continued therapy long after the inpatient phases of treatment are over. Life outside of treatment is not always easy, but it can be a lot better with the support of friends and loved ones. If a client is from out of state, we work with therapists and support groups in their hometown for continued aftercare support. We also provide an alumni program that remains in-touch with clients, providing support long after an individual has completed treatment.



Have More Questions?

We know that entering addiction treatment is a major step. It is not always easy to leave behind friends, family, and work to focus on getting help. It is normal to have many questions about what you can expect during your time at The Delray Recovery Center. If you have any lingering questions about daily schedules at our treatment center, the facilities, or what you can expect during your time here, please don't hesitate to [contact us](#). You can also view our list of frequently asked questions [here](#).

Let Us Help Now

If you or your loved one has not yet made the decision to enter treatment for addiction, don't hesitate any longer. No one should have to face addiction on their own. We invite you to contact us even if you are unsure if substance abuse is a problem. We would love the opportunity to speak with you about your particular situation and help you determine what steps are right for you. Your call is confidential, and you are under no obligation to enter treatment.

The Delray Recovery Center

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